



Desperately Seeking Self: An Inner Guidebook for People with Eating Problems

Viola Fodor

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This little book is a powerful reminder that your true nature is the most precious resource that you have to help yourself. Presented in the unique form of a dialogue between a therapist and a client, it encourages self-reflection and the daily practice of inner silence as powerful ways to nurture this true self and your full healing capacity. Tenets of psychology, philosophy, and spirituality are subtly woven into easily-understood messages of hope and change.

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